



Summer Quinoa Salad

with Snap Peas, Fava Beans & Lemon Vinaigrette

Makes 4-6 servings ~ \$8.98 (\$2.25-\$1.50 per serving)

Ingredients

8 oz. Snap Peas
4 oz. cooked Fava Beans
1 cup Mesclun mix
Sea Salt to taste

Quinoa

2 cups cooked in 4 cups of salted water. Bring to a boil then simmer for 10-15 minutes until water is absorbed. Let cool and add zest of 1/4 of a lemon.

Lemon Vinaigrette (Lemonette)

2 Tbsp. Extra Virgin Olive Oil
1 1/2 Tbsp. Lemon Juice
1/2 tsp. Garlic, chopped

Garnish

1 Tbsp. Mint, chopped
1 Tbsp. Parsley, chopped
1 Lemon

Radishes and Cherry Tomatoes for Garnish. Two Radishes and 8 to 10 Cherry Tomatoes.

Directions

1. Cook Quinoa as above.
2. De-string snap peas and julienne.
3. Take fava beans out of shell and blanch in salted water for about 2 minutes, then cool. When cool pop off the outer layer. (Fava beans are optional)
4. To assemble: Toss quinoa with mint and parsley. Mix in one half of the snap peas and Fava beans, then toss with dressing.
5. Line a dish with one cup of lettuce mix. Top with quinoa mix, then remaining favas and snap peas.
6. Toss on cherry tomatoes and radish slices.

Recipe courtesy of Harry Shapiro, Harry's Roadhouse

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